

使用注意事項:

A. 切勿將外鍋直接加熱。

- *不可將食物直接放入外鍋
- *勿將外鍋靠近火源, 以免變形或燒毀
- *注意內鍋提把, 可能很燙
- *加熱調理時, 勿讓火舌觸及內鍋把手
- *長時間保溫會使食物腐敗, 宜每六小時加熱一次或冷藏



B. 切勿使用腐蝕性清潔劑、金屬刷子或磨光粉洗刷鍋面, 以免損壞鍋面或變色。

C. 少量食物保溫時, 溫度下降較快, 效果較差

- *斷熱調理時, 如多次打開鍋蓋會使溫度下降很快, 無法達到預期效果, 必要時可再做一次加熱處理

D. 再一次加熱調理會使味道變濃, 宜重新調味

- *材料放入內鍋不可超過八分滿



Cautions When Using

A. Don't heat directly the outer pot.

- *Don't put foods directly into the outer pot.
- *Keep the outer pot away from the fire to avoid possible burns or wound.
- *Be careful of the handle for the outer pot, it may be hot.
- *When heating and cooking, try to keep the fire away from the handle of the inner pot to avoid burns.
- *The food will rot if it is left to heat for a long time. To prevent this, heat once every 6 hours or preserve it in the refrigerator.



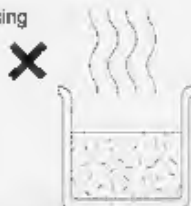
B. Don't use corrosion cleaner, metallic brush or finish powder to clean the pot. This can help avoid any damage or color change of the pot.

C. Making a smaller portion is not as effective as making a larger portion of food because temperature will drop quickly when making smaller portion food.

- *In the heat stop process, you can allow air and energy to escape by opening the lid, please re-heat if necessary.

D. If heating the food more than once, the taste of the food will become stronger. You might need adjust the taste.

- *put the ingredients into the pot no more than 8/10 full.



 **SUNPENTOWN**

Thermo Pot



Instruction Manual

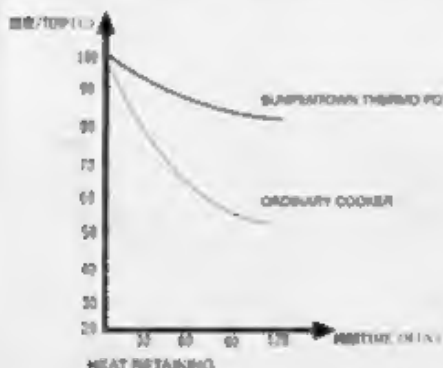
ST-60B

List Of Cooking Time

真空煲、燜燒煲示範食譜

RECIPE EXAMPLES FOR USING "SUNTOWN" VACUUM POT OR THERMO POT

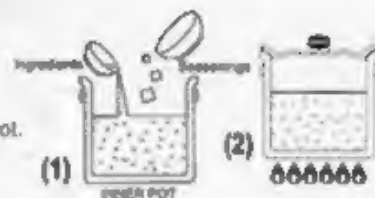
食譜 RECIPES	煮沸後加熱烹調時間 HEATING PERIOD AFTER BOILING	保溫烹調時間 KEEP WARM COOKING PERIOD
燉雙翅 Stew chicken with chicken feet	10-20分鐘 10-20 minutes	3-4小時 3-4 hours
砂鍋老鴨 Stew duck with old chicken	10-20分鐘 10-20 minutes	3-4小時 3-4 hours
脆皮鴨 Stew duck with orange peel	10-15分鐘 10-15 minutes	2小時 2 hours
八寶冬瓜盅 Stew winter melon with eight treasures	10-15分鐘 10-15 minutes	1小時30分 1 & a half hours
燉雞 Chicken	20-30分鐘 20-30 minutes	2小時 2 hours
燉牛腩煲 Stew beef with radish	5-15分鐘 5-15 minutes	1小時30分 1 & a half hours
燉雞汁意大利粉 Spaghetti with rich chicken stock	2分鐘 2 minutes	10分鐘 10 minutes
茶燉雞蛋 Stew egg with tea leaf	2分鐘 2 minutes	10分鐘 10 minutes
胡椒豬肚燉海鮮 Stew sea-food with pepper and pork stomach	10分鐘 10 minutes	1小時 1 hour
冬菇鴨掌煲 Stew duck's palm with crane fungus	15分鐘 15 minutes	3小時 3 hours
米飯 Rice	接近水乾 Ready without water	20分鐘 20 minutes
排骨 Spare ribs	3分鐘 3 minutes	1小時 1 hour
豬蹄 Pig's trotters	5分鐘 5 minutes	1小時30分 1 & a half hours
牛肉 Beef	6分鐘 6 minutes	2小時 2 hours
燉子 Pheasant	3分鐘 3 minutes	1小時 1 hour
雞 Chicken	5分鐘 5 minutes	30分鐘 30 minutes
鰻魚 Carp	5分鐘 5 minutes	15分鐘 15 minutes
燉海參 Stew sea-cucumber	1分鐘 1 minutes	8分鐘 8 minutes



使用方法說明 Direction Of Use

1. Heat-Stop Steaming

- Pick out the inner pot.
- Put ingredients and seasonings into the inner pot.
- 取出內鍋
- 將材料和調味料放入內鍋



2. Heat-Stop Steaming

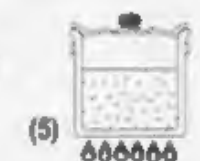
- Cover with lid of inner pot and put it on the stove (electric range or gas range) for steaming.
- After boiling, according to different steaming degree of the materials, then turn off fire or continuous steaming for several minutes.
- 蓋上內鍋蓋、置于鍋電(電磁爐、電爐或瓦斯爐)上加熱。
- 沸騰後，依食物種類，關掉火或繼續煮數分鐘。



- 3. After the end of cooking time, move inner pot inside of the outer pot, cover with lid of outer pot to let foods of inner pot continue to cook, until the foods reach the required cooking degree.
- 加熱時間終了，將內鍋移入外鍋中，蓋上外鍋蓋，讓內鍋中食物在隔熱的外鍋中繼續高度燜熟，直到所要的熟速度。



- 4. After the thermo-cooking is finished, the delicious foods are ready to serve.
- 燜燒調理結束後，即可享用美食。



5. Function of Thermo keeping (保溫功能)

- Put foods into inner pot and place inner pot into outer pot, cover well the lid to keep for thermo.
- 將煮好的食物放入內鍋，並將內鍋放入外鍋，蓋好鍋蓋就可保溫。



6. Function of Keeping Cold (保冷功能)

- Put foods and ice rock simultaneously in the inner pot.
- 將食物與冰塊一起放入內鍋中。



- 7. Move inner pot in the outer pot and cover well the lid outer pot to keep cold.
- 把內鍋移入外鍋、蓋好外鍋蓋即可保冷。